

November 2020

# Carver Council on Aging



## A Note from the Interim Town Administrator:

I'd like to thank Carole Julius for her 10 years of service as the part-time Director of the Carver Council on Aging. During very difficult financial times I asked Carole to accept this additional responsibility. This was in addition to her full-time position as Director of the Carver Public Library. Carole agreed to do so and was able to impact the COA immediately with her expertise in organizing and prioritizing the many demands of the COA. Carole's leadership and professionalism have been a true asset to the COA and the town. As the requirements and demands of the position have increased, Carole is no longer able to perform the demands of the position. Carole will maintain her role as Library Director meeting the unique challenges we face today and for the foreseeable future. In addition, I'm pleased to announce the promotion of Connie Kelly as the new full-time Director of the COA. She will be taking on the administrative duties of the Director in addition to her previous responsibilities as Activities Coordinator. Connie has served as the Activities Coordinator for 3 years and is warmly received by the members of the COA and elected and appointed officials alike. I thank both Carole and Connie and wish them both success as they take on these ambitious opportunities!

*Rick LaFond*

## What's Inside for November

### New Outreach Assistant Joins COA

Welcome to Heidi Miles as our new Carver COA Outreach Assistant. Her years of experience assisting and interacting with local seniors have prepared her for this important and essential role. Heidi is looking forward to meeting with the seniors of Carver to identify your needs and to provide informed, compassionate assistance.



### Drive-up Turkey Dinner Take-Away

*Tuesday, November 17th  
from 11:00 am - 12:00 pm.*

Since we are still unable to serve meals in the COA Nutrition Center, we will be offering a drive-up take-away reheatable turkey dinner with all the fixings. The ready-to-go meals will be set up just beyond the COA parking by the grassy area along the access road to Sampson's Pond. Carver Police will be on hand to greet seniors and help direct traffic to turn around in the Sampson's Pond parking lot so the drivers can approach the distribution tables on their side to receive their meal(s).



***Tickets for the meal are \$5 each and will go on sale starting Monday, November 2nd at the Nutrition Center for purchase between 11-12 daily. Tickets will be color coded with 4 different pick-up times: 11:00-11:15, 11:15-11:30, 11:30-11:45 and 11:45-12:00. Please pick up your meals at the designated time to prevent traffic congestion. Thank you!***

#### COUNCIL ON AGING

Monday -Thursday  
9 AM-3 PM  
Friday 9 AM-12PM  
48 Lakeview St., South Carver  
**508-866-4698**

#### COA DIRECTOR

**Connie Kelly**  
Monday-Friday  
8 AM-4 PM  
**508-866-4698 x3**  
connie.kelly@carverma.gov

#### BOARD OF DIRECTORS

Donna Marie Forand-Chair  
Helen Marrone-Secretary  
Savery Moore  
Claudia Miller  
Nancy Ryan

#### FRIENDS OF THE CARVER COA

Ron Clarke - President  
Paul M Kelly -Vice President  
Madeline Joyce -Treasurer  
Jackie Rogerson - Secretary  
**508-866-4698**

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

## PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

**Call in advance to CANCEL a reservation.**

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

*Please consider other passengers and limit the number of shopping bags on shopping trips*

## UPDATED LIMITED SCHEDULE

**Due to the Corona Virus, Gatra Bus Service has changed.**

**Capacity is limited to 2 passengers maximum per bus and masks are required.**

**Trips are limited to:**

**\* Doctor's Appointments**

**\* Pharmacy Runs**

**\* Grocery Shopping at Shaw's Carver Only  
Wednesdays and Fridays**

## GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Transportation is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

**How do I schedule a ride?**

Call **508-866-4698 x-1** prior to 12 pm the day before.

## Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

Any 1 or 2 hour school **delays** will cancel any bus trips scheduled from 8 - 9 or 8-10 on that day.

## LOAN CLOSET

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge.

**Sanitization is the responsibility of the borrower.**

## COPIES

This free service is not available at this time while the COA building is still closed to the public.

## VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

## LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments. **Until the COA is fully open, please call Attorney Hale's office directly at 508-866-2900 and be sure to mention the referral from the COA.**

## ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time

## FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome!

**Annual membership is \$10.**

Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.



## SENATOR PACHECO

Call **508-822-3000** or **617-722-1551** to see if you can schedule an appointment.

## STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to see if you can schedule an appointment.

## WELLNESS CLINIC - "ASK THE NURSE"

The Tuesday screenings for blood pressure, glucose and cholesterol checks are not available at this time while the COA is not fully open.

**Important Reminder:** *The State recommends people over the age of 65 and people with underlying health conditions - who are at high risk for COVID-19 - should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.*

## HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

*To get all the COA news the fastest way possible, sign up to receive your Carver COA newsletter by email instead of by mail at:*  
**CarverCOANews@carverma.org.**

## GATRA MINI-BUS

**Peggy Wood**

*Dispatcher*

Monday – Friday

9 AM-12 PM

**508-866-4698 x 1**

## OUTREACH SERVICE

**Heidi Miles**

*Outreach Assistant*

Tuesday - Thursday

9 AM - 2 PM

**508-866-4698 x 2**

## NUTRITION CENTER

**June Benson**

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

**508-866-4698 x 4**

Lunch weekdays at 11:45

## WEEKLY ACTIVITIES

### ACRYLIC / OIL PAINTING CLASSES

All classes are on hold until further notice.

### BINGO

Bingo is on hold until further notice.

### CRIBBAGE/RUMMIKUB/SKIP BO

Games are on hold until further notice.

## MONTHLY ACTIVITIES

### COFFEE WITH THE CHIEF

Due to Election Day, the Chief will be at the COA on Tuesday, November 10th from 10:00 am - 11:30 am.



**SINGO** with Jim the DJ Guy is on hold until further notice.

### FOOT CARE CLINIC

This service is not available at the COA at this time. If you are in need of pedicare you can call Dr. John McLaughlin (podiatrist) at 781-738-3472 or Beth Israel Podiatry Clinic at 116 Court St., Plymouth at 508-747-1973.

**BASKET WEAVING CLASSES** with Patty Batson are not being held at the COA at this time.

.....



### BLUE CROSS BLUE SHIELD WELLNESS WEBINARS

#### **Nutrition Do's and Don'ts During Uncertain Times**

Thursday, November 5th, 2:00 pm - 2:30 pm

Learn alternatives to comfort foods and how to use mindful eating and drinking practices when you indulge.

**Register at [bcbsma.info/Nov5](http://bcbsma.info/Nov5)**

#### **Nutrition and Sleep: Fascinating Connections**

Wednesday, November 18th, 10:00 am - 10:30 am

Learn how sleeping well can help to control your weight and revitalize your mind and body. Discover which foods interfere with your sleep.

**Register at [bcbsma.info/Nov18](http://bcbsma.info/Nov18)**

## WHAT'S HAPPENING THIS MONTH



### CHAIR YOGA WITH MARY WILSON OF WILD DIVINITY YOGA

A new custom COA Chair Yoga video will be available to watch online during the week of November 2nd. Look for it on the Friends of Carver COA website: [www.friendscarvercoa.com](http://www.friendscarvercoa.com) as well as the Carver COA Facebook page.

Wednesday, November 11th Mary will be offering a Zoom class at 9:30 am. Call 508-866-4698 x3 for link. Wednesday, November 18th, at 9:30 am. Mary will instruct a *live* class inside the Nutrition Center of the COA following the strict CDC guidelines approved by the Carver Board of Health.

**Cost is a \$5 suggested donation and class size is limited to 6 so please register with Connie at 508-866-4698 x3.**

### FREE "TAKE & MAKE" CRAFTS

Sponsored by the Friends of the Carver Council on Aging Available weekly for pick up at the Nutrition Center Thursdays between 11 - 12. Reservations for a craft need to be made by noon the day prior at 508-866-4698 x3. Limited availability.

**\*Pumpkin Wine Glass Tealight Holder** Wineglass, tealight plus paints and brush 11/5.

**\*Checkout "Crafting with the COA" on Area 58 Cable to see a custom video on how to make this craft!**



### Thanksgiving Decorative Platter

Copper charger, silk fall leaves, die-cut metal message 11/12.



### Mini Cranberry Crate Centerpiece

Wooden mini crate, assorted fall silk floral & berry picks, floral foam, paints and brush 11/19



**Call Connie at 508-866-4698 x3 to reserve your Take & Make Crafts!**

Keep an eye out for future "Crafting with the COA" videos on Area 58 and posted on the Friends of the COA Website.

### COFFEE HOUR

Tuesdays and Thursdays, 10:00 am - 11:30 am

Call the Nutrition Center at 508-866-4698 x4 by noon the day before to make a reservation.

### GRAB AND GO LUNCHES

Tuesdays and Thursdays, pick up at the Nutrition Center door from 11:00 am - 12:00 pm. Tuesdays will be a sandwich meal and Thursdays will be a reheatable meal each at a suggested \$3 donation. Call the Nutrition Center at 508-866-4698 x4 by noon the day before to make a reservation.

### MEDICARE OPEN ENROLLMENT October 15th through December 7th.

Due to the pandemic, our SHINE Counselor Maureen Drilling will only be available to provide assistance by phone. Blank medication forms will be available by request for pick up at the COA and need to be completed prior to your SHINE consultation. Please call **508-866-4698 x4** to have Maureen contact you for an appointment by phone.

### FOOD PANTRY

**Shane Gives Thanks** - 128 Main St.  
Tues./Thurs/Fri. - 9am-1:30 pm  
Sun. - 9am-11 am  
Mon./Wed./Sat. - Closed  
Home Delivery to homebound residents.  
**508-866-7673**

### MEALS ON WHEELS

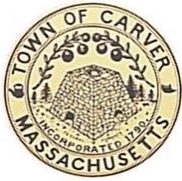
The COA provides Meals on Wheels for homebound elders.  
Monday - Friday  
**Daily Cost: \$3.00**  
Call the Nutrition Center at  
**508-866-4698 x 4**

### SHINE PROGRAM

**Health Insurance Counseling**  
**Maureen Drilling**

Appointments via phone or email only available at this time.  
**508-866-4698 x4**








CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330

# NOVEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Beginner Chair Yoga w/ Mary Wilson Online Video Available this week!</b> 1	<b>\$5 Tickets for the Turkey Dinner Take-Away 11/17 on sale starting today!</b> 2	<b>Coffee Hour 10 - 11:30 Grab &amp; Go Lunch Pick up 11 - 12</b> 3	<b>Make Reservations for Grab &amp; Go lunch &amp;/or Craft by 12:00 noon</b> 4	<b>Coffee Hour 10 - 11:30 Grab &amp; Go Lunch &amp;/or Craft Pick up 11 - 12 BCBS Webinar 2</b> 5	6	7
8	<b>Make Reservations for Grab &amp; Go lunch by 12:00 noon</b> 9	<b>Coffee Hour 10 - 11:30 Grab &amp; Go Lunch Pick up 11-12</b> 10	<b>9:30 Zoom Yoga 11</b> 	<b>Coffee Hour 10 - 11:30 Grab &amp; Go Lunch &amp;/or Craft Pick up 11 - 12</b> 12	13	14
15	<b>Make Reservations for Grab &amp; Go lunch by 12:00 noon</b> 16	 <b>Drive-up Turkey Dinner Take-Away 11:00-12:00</b> 17	<b>9:30 Chair Yoga 18</b> <b>Reservations for Grab &amp; Go lunch &amp;/or Craft by 12:00 noon BCBS Webinar 10</b>	<b>Coffee Hour 10 - 11:30 Grab &amp; Go Lunch &amp;/or Craft Pick up 11 - 12</b> 19	20	21
22	<b>Make Reservations for Grab &amp; Go lunch by 12:00 noon</b> 23	<b>Coffee Hour 10 - 11:30 Grab &amp; Go Lunch Pick up 11 - 12</b> 24	<b>Make Reservations for Grab &amp; Go lunch &amp;/or Craft by 12:00 noon</b> 25	<b>Happy Thanksgiving</b> 		28
29	<b>Make Reservations for Grab &amp; Go lunch by 12:00 noon</b> 30	1	2	<b>Get all the COA news the fastest way possible, sign up to receive your newsletter by email: <a href="mailto:CarverCOANews@carverma.org">CarverCOANews@carverma.org</a>.</b> 5		